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Cheyenne & Arapaho
TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

Volume 4, Issue 7 | Jan. 1, 2009 | 50 cents

Youth council officers, a New Year

By Rosemary Stephens, Reporter/Graphic Artist

Election results for the 2009 youth council officers are official.

The Cheyenne and Arapaho tribes' Recreation, Exercise and Sports for the Elders and Children of our Tribes (R.E.Sp.E.C.T.) program hosted the youth leadership forum on Dec. 22, 2008 at the Frisco Center in Clinton, Okla.

The forum enables students to participate in the process of electing new youth council officers.

Their peers nominate students ranging from the seventh to 12th grades as candidates. Nominees must be academically eligible, prepare and present a speech about whom they are and why they would make the best candidate. Following the speeches students vote by sealed ballots.

Photos by Rosemary Stephens

Carrie Whitlow and Eddie Hamilton present plaques to the new 2009 youth council officers. From (l) to (r): Carrie Whitlow, Anthony Plentybears, Taylor Whiteman, Marshal Reeder, Aubrey Karty, Chris Rednose, Lorina Birdshead, Dylan Gilbert, and Eddie Hamilton.

Carrie Whitlow, exercise coordinator, R.E.Sp.E.C.T. unwraps plaques before announcing the new 2009 officers.

The new youth council officers are Aubrey Karty, secretary; Chris Rednose, treasurer; Dylan Gilbert, male national representative; Lorina Birdshead, female national representative; Marshal Reeder, vice-president; Taylor Whiteman, female co-president; and Anthony Plentybears, male co-president.

"I'd like to thank everyone who voted for me, the R.E.Sp.E.C.T. program for doing everything they do for the youth and I hope I can do the same as president," Plentybears said.

Following a banquet, R.E.Sp.E.C.T. Director Eddie Hamilton, and Exercise Coordinator Carrie Whitlow announced the new 2009 officers and presented each officer with a plaque.

The officers were read the student creed and then signed the creed as a commitment to uphold all of the principles listed in the creed.

The student creed states, in part, as a participant of the R.E.Sp.E.C.T.'s youth council and a representative of the community each officer agrees to maintain a good standing within the community and their schools, maintain academic eligibility, accept accountability for behavior, respect authority, and be a positive influence to their peers.

"There are many benefits for youth to join a council, such as learning how to work with other young people, build friendships, develop self-esteem, learn communication skills and most importantly to contribute to making a difference in their communities," Whitlow said.

Actor Brian Frejo, Seminole/ Pawnee, an advocate for healthy living performs a song for the students.

The youth council was formed in 2007 as part of R.E.Sp.E.C.T.'s commitment to reaching out to the youth.

The tribal youth council is an affiliated council through the United National Indian Tribal Youth (UNITY) organization. Council officers are required to uphold all principles of the UNITY organization as well as the student creed of the tribal youth council.

Some of the goals for the youth council and R.E.Sp.E.C.T. have been to reduce truancy rates, support personal development of students as leaders and role models, prepare students for college admission and eligibility requirements, and promote academic success.

Guest speakers at the forum included Quinton RomanNose, Cheyenne and Arapaho tribe's director of education Gordon Yellowman, Culture and Heritage, actor Brian Frejo, Seminole/ Pawnee tribal member, and Caitlin Baker, 15, motivational speaker from Norman High School. Anita Greenwalt Photography photographed students for Christmas portraits and DJ Shock B and the Ha'Stylez dance group performance ended the full day of activities at the forum.

Education department wraps families, elders in warmth for Christmas

By Dana Attocknie, Managing Editor

Photo by Dana Attocknie

Wanda Whiteman, higher education counselor, delivers Christmas gifts to the Bigfoot family on Dec. 23, 2008 in El Reno, Okla. Pictured are: family friend Wes, 7, Carl Jr., 10, Michael, 8 and Kevin, 6.

Rows of thick, fuzzy, warm clothes are spread out across tables in the Cheyenne and Arapaho Department of Education's Technology and Innovation (CATI) office.

Stacks of gray, blue, maroon, green and red sweatshirts, gloves, stocking caps and blankets are being bundled together to warm five selected families and 40 elders of the Cheyenne and Arapaho tribes living in both the Concho and El Reno, Okla. area.

"I know they're all going to be used. They're all needed items," Wanda Whiteman said of the winter clothes.

Whiteman, higher education counselor, along with Joyce Twins, language program coordinator, and Francine Williams, Johnson O'Malley coordinator, went shopping for the winter gear. The three of them packaged the gifts on Dec. 22, 2008, with help from Donna Rush, with the language program, and Marshall Medicine Bear, with the school clothing program.

Although Twins said she looks forward to giving warm gifts again next year, she also said, "I'd like to give to everyone and not just a few (people)."

Whiteman said although this Christmas giveaway was done years ago, this is the first time the current staff has presented this to local tribal members together.

"Next year we plan to expand it and buy more," Whiteman said.

Whiteman said the five families who received the clothes were identified by nominations. The 40 elders are all 70 years old or older and live in the area.

One El Reno family who received an education Christmas was the Bigfoot family. On

See Christmas, page 9

Tribes take Christmas to veterans home

Courtesy photo

Amy Cain from the Cheyenne and Arapaho tribes Office of Veterans Affairs helps deliver Christmas gifts to John Fletcher and other tribal veterans at the veterans home in Clinton, Okla.

Submitted by Marvin F. Wilson

On Dec. 22, 2008, staff members of the Office of Veterans Affairs and Clinton Smoke Shop were present at the Clinton Veterans Home in Clinton Okla.

They were there to present the tribal veterans with Wal-Mart gift cards for the Christmas holiday and the smoke shop was there to present them with bags of candy, fruit and nuts.

Ms. Jeri Shepherd told the members present that this is a very wonderful thing the offices have done for the tribal veterans.

One of the veterans told Wilson, "I'm glad we are not forgotten during this time of the year."

The Office of Veteran Affairs goes to the veterans home once a month to give gift cards and check on their well being while being at the home. The gift cards were given by the elders program, which also supports the Office of Veteran Affairs.

Cheyenne and Arapaho Tribes

100 Red Moon Circle, P.O. Box 38, Concho, OK 73022

Main Number: (405) 262-0345

Toll Free: (800) 247-4612

Operator ext. 0

NOTE: Some office phone numbers begin with a prefix of 422 and some begin with 262.

Cheyenne and Arapaho Tribal Offices-Concho

Department of Administration	ext. 27540
Executive Office	ext. 27400
Security Office	ext. 27911
Communications/IT	ext. 27563
Per Capita Office	ext. 27525
Records Management	ext. 27708
Accounts Payable	ext. 27500
Finance Office	ext. 27501
Enrollment Office	ext. 27603
Social Services	ext. 27594
Indian Child Welfare	ext. 27465
STOP Violence Against Indian Women	ext. 27731
Employment, Opportunity Training Serv.	ext. 27496
Department of Education	ext. 27568
Johnson O'Malley Program	ext. 27658
School Clothing Program	ext. 27733
Vocational Rehabilitation	ext. 27617
C-A Technology Innovation	ext. 27638
Culture & Heritage	ext. 27433
Childcare Development Center	ext. 27698
Native American Church	ext. 27712
R.E.Sp.E.C.T.	ext. 27570
R.E.A.C.H.	ext. 27687
Headstart Program	ext. 27635
Workforce Investment	ext. 27662
Personnel	ext. 27551
Environmental Protection Agency	ext. 27656
Operations & Maintenance	ext. 27546
Planning & Development	ext. 27620
Procurement	ext. 27728
Property & Supply	ext. 27534
Tribal Tribune Newspaper	ext. 27445
Tribal Council	ext. 27430
Tribal Police	ext. 27703
Trial Court	ext. 27558
Economic Development	ext. 27454
Smoke Shop	ext. 27456
Roads Construction Program	ext. 27468
Election Commission	ext. 27610
Community Health Representatives	ext. 27670
Elder Care	ext. 27436
Health Education	ext. 27674
Tax Commission	ext. 27484
Crisis Assistance	ext. 27580
Office of Veteran Affairs	ext. 27691
Diabetes Wellness Program	ext. 27679
El Reno Indian Health Services	ext. 27631

Legislative Offices:

C-1 District	(405) 422-7777
C-2 District	(405) 422-7415
C-3 District	(580) 323-2500
C-4 District	(405) 422-7423
A-1 District	(405) 422-7412
A-2 District	(405) 422-7419
A-3 District	(580) 323-2423
A-4 District	(405) 422-7448

Cheyenne and Arapaho Tribal Offices-Clinton

Housing Authority	(800) 482-4288
	(580) 323-4877
Enrollment Office	(580) 323-2441
Indian Child Welfare	(580) 323-2323
Childcare Development Center	(580) 323-2363
R.E.Sp.E.C.T.	(580) 323-2602
Emergency Medical Services	(800) 464-2410
	(580) 323-7087
Independent Living Center	(580) 331-2455
Elder Nutrition Center	(580) 323-0200
Substance Abuse Program	(580) 323-9400
Clinton Indian Health Services	(580) 323-2884

Cheyenne and Arapaho Tribal Offices-Watonga

Food Distribution Program	(580) 623-7814
Watonga Fitness Center	(580) 623-2193
Watonga Indian Health Services	(580) 623-4991

LIST OF HOLIDAYS 2009

Date	Holiday	Day	Day Off
January 1	New Year's Day	Thursday	same day
January 19	Martin Luther King Day	Monday	same day
February 16	President's Day	Monday	same day
April 12	Easter	Sunday	Monday, April 13
May 25	Memorial Day	Monday	same day
June 25	Little Big Horn Day	Thursday	same day
July 04	Independence Day	Saturday	Friday, July 3
September 07	Labor Day	Monday	same day
September 25	National Indian Day	Friday	same day *
October 12	Sovereignty Day	Monday	same day
November 11	Veteran's Day	Wednesday	same day
November 14	Okla. Native American Day	Saturday	**Friday, November 27 ***
November 26	Thanksgiving Day	Thursday	same day
December 25	Christmas Day	Friday	same day

* Holiday is subject to be changed or moved or has been moved.

CHEYENNE-ARAPAHO TRIBES
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IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Application Of:
AMBER LYNN BLACK
DOB: 11-01-88
ROLL #10831
To Change Her Name

Case No: CIV-2008-0080

NOTICE BY PUBLICATION

TAKE NOTICE, that Amber Lynn Black has filed in this Court a Petition For Name Change, as follows, to wit: from Amber Lynn Black to Amber Lynn West and that the same will be heard by the Cheyenne and Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 21ST day of JANUARY, 2009 at 9:00 A.M. and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 5th day of December, 2008.

Patty Bell
Patty Bell, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Amber L. Black
309 N. Ash
Ada, OK 74820

Pick up the ***Tribal Tribune*** at the following locations:

Oklahoma City
- Dean's Pawn Shop, 2617 S Robinson
- Sam's Best Buys, 2409 S. Agnew Avenue

El Reno
- Bureau of Indian Affairs
- El Reno Indian Health Service
- Cheyenne and Arapaho Department of Education
- Special Services Bldg.
- Elder Care
- El Reno Chamber of Commerce
- City of El Reno – City Hall

Concho
- Smoke Shop
- Lucky Star Casino
- Tribal Complex
- Tribal Tribune office

Canton
- Smoke Shop

Seiling
- Seiling/Fonda Community Center

Watonga
- Watonga Indian Health Service
- Food Distribution

Weatherford
- Cheyenne and Arapaho Tribal College (Science bldg.)

Clinton
- Rehabilitation/Law Enforcement building
- Head Start
- Elder Nurtition Center
- Clinton Indian Health Service
- Housing Authority
- Smoke Shop
- George Hawkins Memorial Treatment Center
- Independent Living Center
- Cheyenne Cultural Center
- Annex

Cheyenne and Arapaho
Tribal Tribune

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x. 27446

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Concho, OK 73022

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DEADLINES:

The deadline for the 1st issue is the **23rd** *of the previous month and the deadline for the 15th issue is the* **8th** *of that month.*

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Native American Journalists Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.
Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the* ***23rd*** *of the previous month and the deadline for the 15th issue is the* ***8th*** *of that month.*

Whiteman named director of training, technical assistance

(LONGMONT, Colo.) - First Nations Development Institute (First Nations) announced the promotion of Montoya A. Whiteman to the director of Training and Technical Assistance.

In her new role, she will be responsible for overall management and administration of First Nations' training and technical assistance department.

In directing its $700,000 annual budget, Whiteman will oversee a variety of training institutes, seminars and national conferences for First Nations.

She will also continue to direct First Nations' Leadership Entrepreneurial Apprenticeship Development (LEAD) Program, its Nonprofit Capacity Building Initiative, and the Department of Justice Office on Violence Against Women Tribal Domestic Violence Coalition formula grant.

"We are grateful for visionary leaders who recognize the potential of Indian people and work tirelessly to make their lives better. We are especially grateful to Montoya who has invested such a great deal of her time, energy and intellect to make this work successful," Michael E. Roberts, First Nations president, said.

Whiteman joined First Nations in 2007 as the associate director of Training and Technical Assistance. In her time with the organization, she has demonstrated exemplary job performance and excellence in programmatic management.

Whiteman was previously with the City of Westminster Colorado where she managed an $8.4 million budget for the police department.

Prior to this she served as the development and public relations administrator at the Native American Rights Fund (NARF).

While at NARF, she was responsible for various aspects of communication, resource development, event planning, database management, and external affairs.

Whiteman received her Bachelor of Science in Business Administration with an emphasis in human resource management from Regis University, and an associate degree in Liberal Arts from the Central New Mexico Community College.

In March 2009, she will begin a Master of Education degree program at Regis University, specializing in adult learning, training and development.

Whiteman is an enrolled member of the Cheyenne and Arapaho tribes of Oklahoma. She writes for the *Cheyenne and Arapaho Tribal Tribune* in Oklahoma as a freelance journalist and serves as a volunteer for several organizations.

She is a member of the Native American Journalists Association, the Public Relations Society of America, and the Alpha Sigma Nu Jesuit Honor Society.

Montoya A. Whiteman

She is an alumna of the Americans for Indian Opportunity Ambassadors Program, Sequoyah Fellow of the American Indian Science and Engineering Society, former chairwoman of the Gay & Lesbian Fund for Colorado Community Funding Panel, and a W. K. Kellogg Foundation fellow.

Through a three-pronged strategy of Educating Grassroots Practitioners, Advocating for Systemic Change, and Capitalizing Indian Communities, First Nations Development Institute is working to restore native control and culturally-compatible stewardship of the assets they own - be they land, human potential, cultural heritage, or natural resources - and to establish new assets for ensuring the long-term vitality of native communities.

First Nations Development Institute is a national, nonprofit, Native American-led organization.

To learn more about First Nations Development Institute visit the following Web site: www.first-nations.org.

New Elder Care policies

Submitted article

Elder Care is moving to 929 S. Country Club Road (behind Herbie's barbecue) on Jan. 5, 2009. This is the anticipated opening date. The switchboard at the complex will be informed if there are delays.

All Elder Care offices (Watonga/Seiling, Clinton, El Reno) will be closed from Dec. 22, 2008 to Jan. 2, 2009 for year-end maintenance and records updating and for moving. Every effort will be made to serve the elders through 3:30 p.m. on Friday Dec. 19, 2008. Because of the inconvenience of the extended closing to the elders, all Elder Care offices will be open on Friday Dec. 19, 2008 until 3:30 p.m. This is the only Friday Elder Care will be open.

The following are the changes in the Elder Care Program:

Sept. 4, 2008

No car repairs of any kind: tires, tune-ups, routine maintenance, etc.

No appliances of any kind, refrigerator, stoves, etc.

Capped the shelter payment at $600.

No home repairs unless the clients buy their own materials, we can provide the labor.

No property taxes.

No car tags or car insurance.

Medication prescription and bills will have to go thru Indian Health Service.

Oct. 6, 2008

No mortgage payments or subsidized housing.

Nov. 1, 2008

Elder Care benefits will be based on a "need" basis.

Income verification required for all elder care applicants for everything except food vouchers.

Food vouchers are $100 effective Nov. 1, 2008. However, November and December food vouchers will be $150 ($100 monthly food vouchers and $50 for holiday food voucher).

Each request may be handled on a case-by-case basis.

OVA offers one time payment

Submitted article

Reminder: The Office of Veterans Affairs offers a "one time payment" of $150 to tribal veterans who have been recently separated from the military.

In order to qualify you must have an honorable or under honorable conditions discharge and your separation must be within the last 12 months. For more information contact our office at (405) 422-7691.

It has come to the attention of this office, that we provide tribal flags to our veterans. This is not so, we do not provide tribal flags.

The purpose of this office is to render assistance in obtaining benefits for veterans both tribal and non-tribal. We do give a one time stipend to our recently separated veterans as to honor them for their service.

If you have any questions concerning veteran benefits, please call the number listed in this article. Thank you.

Oklahoma C-Ballers team wins Native American Big Ballers Tournament

Submitted information

The Oklahoma C-Ballers team won the all Native American Big Ballers tournament held from Dec. 4 to 6, 2008 in Hollywood, Fla.

Tribal members Maria Thorpe and Teresa Dorsett and tribal employee Mahgan Miles are all members of the wining team.

"This really meant a lot to us because it's a pretty popular tournament and we are the first Oklahoma team to win it," Thorpe stated.

Thorpe recounts the events by stating, "We were in the winners bracket until Friday night. Friday night we lost to a team with CA/AZ girls on there by six points. So Saturday we had to fight to stay in the tournament. We played at 10 a.m., 5 p.m., 7 p.m. (tough game, only won by two) and then 9 p.m. (finals). We played the same team who put us in the losers bracket, in the finals.

Courtesy photo

Pictured are: CeCe Kamalty (Anadarko), Katie Birch (Anadarko), Shantay Frazier (Mississippi), Teresa Dorsett (Geary), Babette Dobson (Anadarko), Mahgan Miles (Weatherford) and Maria Thorpe.

We were down 10-0 in the first four minutes. The team we played had fresh legs because they only played a one o'clock game that day, then the finals game. And we were tired because it was our fourth game that day. But something sparked us, the crowd started cheering for us and then next thing you know … we are up by 20 and we win."

Dorsett stated, " … the best players from around the country competed. And we won!"

Monthly meeting for Post 401

Submitted article

The American Legion Post 401 will be holding its monthly meeting on Jan. 15, 2009 in the large conference room of the Cheyenne and Arapaho tribal complex in Concho, Okla. Dinner will be served at 6:30 p.m. and the meeting will begin at 7 p.m.

There will be a guest speaker at this meeting. Please bring your spouse to this meeting. We will have post caps for sale, details will follow. Hope to see all members and new members there as well. If you have any questions please call (405) 422-7691.

An eagle feather earned

By Matheson J. Hamilton, written Feb. 20, 2005

In the early evening, before the campfire, all the warriors were being counseled by the chiefs. It had been a hard winter and all of the supplies were almost gone.

So it was now time to go on a hunting party, but also, a war party was being formed to invade a tribal enemy, which all members of the council agreed had no honor.

There is no honor for a tribe that attacks at night and kills women and children. Also destroys all supplies that were to sustain the tribe through the winter. Most warriors wanted to go on the war party, to prove their bravery. All through the history of the tribe, the bravest warrior was given a special eagle feather.

At the council meeting young warriors were given a chance to sit in and listen. One young warrior named "Afraid of the Dark" wanted to go on the war party, but would be satisfied as a member of the hunting party.

All was quiet as the chiefs decided which warriors would go on the hunting party or war party.

Afraid of the Dark was told to stay at the camp as a guard. He was disappointed on not being chosen, but as a young warrior of 14 seasons, he knew he had no voice and would have to be content as a guard of the camp.

His older brothers were chosen for the war party and told him to be patient, as his time would also come.

There was only one way into the camp and it was under the waterfall. Afraid of the Dark and two companions were stationed above and to the side of the waterfall with strict orders not to let anyone in without the password.

With his two companions, "Fire Thunder" and "Little Bear," they watched as the two parties departed. With other warriors in camp for any emergency, the three friends didn't know how much responsibility they were left with.

The first and second nights were quiet; on the third day an old man came claiming to be the grandfather of one of the chiefs and demanded to be let in as he had great medicine to help the tribe.

Fire Thunder and Little Bear wanted to let him in, because he was just an old man. But Afraid of the Dark said no, we have our orders. He also knew they would make fun of him but he stood his ground and told him to be on his way.

On the fourth day they spotted a small herd of deer near the waterfall. Fire Thunder said lets kill a couple of deer, as our people need the meat.

Afraid of the Dark said no, we cannot leave our post and told them the hunting party would be back soon, but Fire Thunder and Little Bear left anyway. Before they were out of sight, Afraid of the Dark thought he saw the old man on the next hill.

On the fifth day neither warrior had returned and Afraid of the Dark had never felt so alone or so bad for not going with his friends.

Later that evening a warrior showed up with fresh wounds and told Afraid of the Dark that the war party was ambushed and that he was the only one left.

Also, he needed to be let in to tell the other warriors so they could go and kill the enemy. Afraid of the Dark asked the wounded warrior for the password but the warrior said he couldn't remember it and said Afraid of the Dark let me in and songs will be sung about you.

Afraid of the Dark said I have my orders, my brother, you above all others should know that I cannot let you pass.

The warrior was mad but left and said he would be back. Fire Thunder and Little Bear came back a few hours later with dazed looks in their eyes and told Afraid of the Dark they couldn't remember anything after they left.

Afraid of the Dark was so glad to see his friends that he apologized for not going with them. They ate and rested together.

On the sixth day all was quiet and afraid of the dark told his friends what had happened while they were gone.

On the seventh day the hunting party arrived with fresh meat and told the young warriors that they would talk to them at camp after they had rested.

The war party arrived later that evening and when Afraid of the Dark saw the wounded warrior, who was now healed and well.

He said brother I talked with you a few days ago and you were wounded. The older warrior said my little brother you have been sitting in the sun and staring at the path too long but you are young with a good imagination.

As you can see I have been with the war party and I am well. We have many ponies and our enemies will not bother us for a long time to come.

He told Afraid of the Dark to go and celebrate with them that evening and he would hear many stories of bravery.

That evening when they were relieved of their watch, Afraid of the Dark and his two friends went to the council meeting where they waited outside. They were very surprised and scared when their names were called. All the warriors stood and made a path for them to enter.

In front of the chiefs with all of the warriors standing behind them, a medicine man came up to the three warriors and said, "I know what happened at the waterfall. Fire Thunder and Little Bear you two can take a seat, but listen well. Afraid of the Dark you are the bravest warrior I have seen in a long time."

"Bravery is not always counted just in war, but also in your heart. Let me tell you Afraid of the Dark by keeping your promise not to let anyone in or leaving your post and also by not being fooled by an old man who is a witch that has been poisoning the water supply of other tribes. You kept him out and as you can see he can't go into a camp without permission. Your bravery has kept our people safe."

The medicine man then told Afraid of the Dark to always follow his heart, as his eyes cannot always see the truth.

Afraid of the Dark was given the eagle feather, but chose to keep his name that everyone knew him by.

Afraid of the Dark left the council meeting with looks of approval from the other warriors who now understood why he received the eagle feather for bravery.

FEMA TRAILERS AVAILABLE

SUBMIT AN APPLICATION NOW

The Cheyenne-Arapaho Housing Authority is now accepting applications for the FEMA trailers, which are starting to arrive.

We will be receiving a limited amount of homes. First priority will be given to those families/individuals who are in need of a home and who can place the home on their own land (trust land or land that is free and clear of all mortgages and liens).

Please be aware that you may incur some cost for trailer placement/move and the development of land.

If you are interested in obtaining a FEMA Trailer please contact the Cheyenne-Arapaho Housing Authority to receive your application; 1 (800) 482-4288 or (580) 323-4877.

Application deadline is at 4:30 p.m. Jan. 15, 2008.

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www.deanspawn.com
405.239.2774

Tribal Tidbits

Employee committee, Nick Barton, Rebecca Risenhoover and Deanna Gardipee sponsored a Christmas craft fair on Dec. 19, 2008.

Adrienne Kinney and Lee Brill show off their hand made crafts.

Photos by Rosemary Stephens

Ula Lira displays her hand crafted jewelry.

Clinton Head Start held their annual Christmas party in December 2008. The staff would like to thank all the programs who donated money and all the volunteers who donated their time to make this Christmas party a success for all the kids.

Courtesy photos

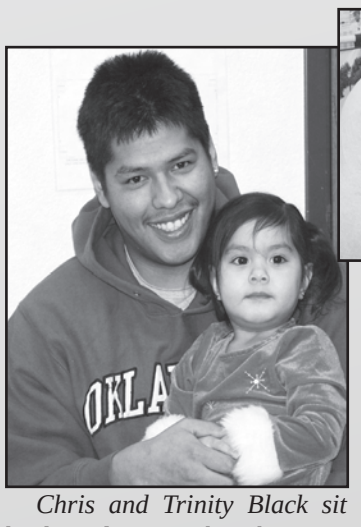
Jason Gallegos (above) rips open a present during the Clinton Head Start Christmas party.

Grandma Glenda Atkinson helps LA'Tecia Bell with a plate full of goodies.

LA'Tecia Bell and Jason Gallegos enjoy fruit snacks and juice during at the Clinton Head Start Christmas party.

Photos by Rosemary Stephens

Concho Child Care Development celebrated Christmas with a party on Dec. 23, 2008. Santa came to visit the children. Dinner was served to the families and children by the staff.



Chris and Trinity Black sit back and enjoy the christmas singing.

Jessie Botone busily prepares the Christmas dinner and deserts.

Jurnee Botone meets Santa Claus for the first time.

The children sing Jingle Bells as they ring their tiny bells for all to hear.

Children at the Christmas party are: Seneca Jones, Kola Carter, Jerid Methvin, Nikota Haag, Kayden Littlesun, Walter McCain, Giles Whitecloud, Michael Haag, Johnny Morris, Jeris Methvin, Jerin Methvin, Niehhi Hamilton, Trinity Black, Jurnee Botone, Isaiah Sam, Julien Romannose, Pheona Keesie, Douglas Keesie, Tina Ortiz, Keona Olgvin, Alex Reed, and Nikonis Olgvin.

Elders bless 2009 calendars

Submitted article

Side jokes and laughter draw smiles from elders as they pose for the first Culture and Heritage program 2009 elder calendars.

"The calendars are a gesture of hope," Arapaho elder John Whiteshirt said. "It reminds us of the rich cultural and traditional families from which we come."

Whiteshirt is just one of 40 Arapaho elders who helped bless the 2009 Arapaho calendar and 55 Cheyenne elders allowed themselves to be photographed for the Cheyenne calendar.

Both calendars have been produced in the Cheyenne and Arapaho languages. Months, days of the week, and numbers one through 31 will be translated in English.

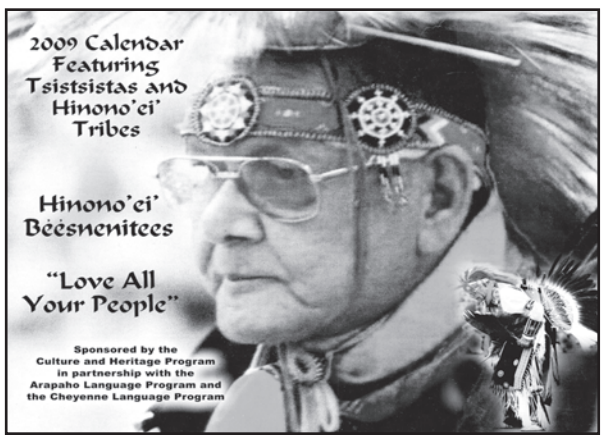
All the elders have been named and their birthdays have been placed on their birthday, however we didn't dare print the year (smile). In addition, the elders provided words of wisdom.

"Our languages are who we are. Partnering with the language programs on this special project provided us with opportunity to get the languages visible on a daily basis, while hoping to spark interest in the youth to learn," Michael Whitecloud, Culture and Heritage program co-coordinator, said. "When you see the calendars, there is no denying its worth. The elders have blessed us with a token of themselves."

The calendars are available at the Culture and Heritage program offices, located in the Concho Community Hall.

For more calendar information, call the Culture and Heritage program offices at (800) 247-4612 extension 27714.

The Culture and Heritage program would like to take this time to say to our elders, "In appreciation and in a gesture of love and hope for the future, Haho." Below is a list of the 2009 Cheyenne and Arapaho calendar participants.



Arapaho

Alex Warden	Nov. 25
Belva Hicks	Aug. 25
Bernice Bull	Nov. 20
Betty RomanNose	Aug. 4
Carole Morris	Dec. 3
Douglas Campbell	Sept. 23
Eldred Poisal	Sept. 2
Elsie Bushyhead	
Erma Brown	March 23
Ermaleen Sykes	Aug. 16
Ernestine Whitebird	Sept. 29
Forrest LittleBird	May 4
Imogene Howling Buffalo	Aug. 17
Joyce Martinez	April 1
June Yellowman	June 7
Karen Cutnose	June 12
LaVonne Post	Sept. 10
Leila Brill	Feb. 11
Lillian Oldcrow	Oct. 5
Lillian Richey	June 24
Lorene Bishop	Sept. 14
Lorraine Armstrong	Oct. 1
Marlene Reyes	Oct .4
Martha Johnson	May. 15
Mary Stevens	
Mary Webber	
Michael Toahty	
Milliecent Doyebi	July 26
Pauline Harjo	July 29
Rupert Nowlin	Jan. 1
Ruth Goodblanket	Sept. 26
Saul Birdshead	
Ula Lira	Jan. 29
Virgil Pedro	Sept. 20
Wallace Avans	Feb. 8
Wanda Leathers	June 30
Wanda Morgan	March 14
Yvonne Pemberton	Nov. 19
Zella Addison	Nov. 2

Cheyenne

A.D. TallBird	May 30
Ahinawake Nibbs	Feb. 9
Archie Hoffman	Feb. 2
Barbara Hill	Jan. 1
Beulah Penen	Sept. 20
Cecil Dawes	Nov. 11
Chiquita Ellis	Aug. 17
Christine Larney	Jan. 31
Christine Starr	Dec. 21
Clara Flying Coyote	Aug. 23
Clayton Miller	Feb. 23
Darrell Flyingman	March 5
Deforest TallBear	Aug. 17
Delores Hadley	Sept. 7
Diana Cassio	Oct. 9
Edna Wolf Luna	July 12
Ercel Whiteshield	Feb. 19
Esther Segar	Nov. 12
Eunice Hadley	May 25
Ferrell Gus Wilson	June 10
Frances BearBow	Nov. 27
Georgiann Welbourne	Oct. 20
Geraldine Warledo	March 12
Irene Hayes	March 28
Janice Wilson	Dec. 21
JoAnn Black Williams	March 3
John Whiteshirt	Cover
Josephine Whiteskunk	Oct. 1
Juanita Porras	Dec. 28
Kent Stonecalf	June 20
Lawrence Hart	Feb. 24
Linda Prairie Chief	Sept. 25
Margaret HowlingWolf	April 20
Margaret Pawnee	Feb. 17
Marie Whiteman	Sept. 1
Marsha Flying Coyote	Sept. 10
Mary Bell Lonebear	Aug. 8
Matheson Hamilton	Oct. 5
Minnie Tapia	April 29
Moses Starr	
Nell Penn	June 19
Nellie Littleman	Jan. 1
Norma Riggles	Sept. 15
Norma Smith	July 11
Paula Conklin	Jan. 17
Quinton RomanNose	Feb. 14
Ramona George	April 11
Rhoda Braxton	
Robert Littlehawk	Oct. 23
Rose Wassana	Oct. 12
Rudolph Miles	Dec. 10
Ruth Brooks	Sept. 23
Ruth Higgins	Sept. 20
Ruth Whiteskunk	July 14
Sharon Antelope	Nov. 5
Theda Benton	Nov. 9
Tonita Sankey	March 7
Tulane Wilson	May 7
Wallace Williams	May 17
Wanda Whiteman	Aug. 3
Wilma Redbird	Jan. 15

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New Year's Resolutions

Abraham Pedro
Arapaho Language
Work less, eat more & slow down on physical activities.

Agnes Littlehawk
Concho Child Care Development
I never do resolutions.

Anthony Carrera
Diabetes Wellness
To encourage more people to use the gym and workout.

Anthony Sage
Culture & Heritage
To work hard and stay busy.

Bernadette Perkins
Concho Child Development Center
To work out on a regular basis and enroll in school to obtain my associates degree in early childhood.

Brittany Markle
Communications/IT
To get a Wii and learn yoga.

Julianne Levi & Christine Morton
Procurement
Julianne-I want to be nicer. Christine-Be a better person & continue to help raise my grandchildren to be respectful, responsible & humble persons.

Deborah Hayes
Head Start
To be better organized.

Denise Swank
C1-Office
Do my best to keep a smile on my face and have another blessed year with my family.

Donna Jim
Communications/IT
Not to kill M. Poole in 2009 for the tribe's sake.

Donna Sandoval
CHR
To get organized and stay organized.

Felicia Heartfield
Security
To live life to it's fullest each day.

Jabe Herring
Communications/IT
Try to stay alive-I am the token Cherokee and I don't want to be sacrificed.

Jackie Hail
Education
To quit smoking.

James Reveles
Concho Smoke Shop
To lose weight, work out and stay out of trouble.

Janna Presley
Finance
To stop smoking and stay stopped.

Jeff Spottedbird
Security
I want to quit smoking.

Jennie Whiteman
Education
My life is perfect today, I have no resolutions.

Jennifer Riggles
Concho Child Care Development
To go back to school and obtain my degree.

Jerrolyn Doyebi
Higher Education
Quit gambling.

Justin Risenhoover
Security
To help more people and not to eat so much "Custers."

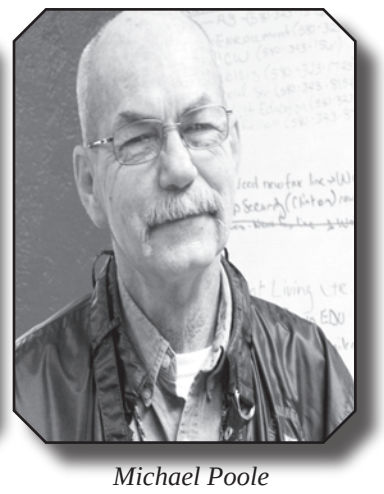
Kendra Sleeper
Social Services
Lose 5 pounds in 2-3months.

Lavonda Snelling
Operations & Maintenance
No resolution, I break them.

Marina Gayton & Nika Sleeper
We resolve to survive Sundance.

Marvina Black
Education
To treat everyone I meet good, stay focused and be blessed in the process.

Melvin Whitebird
Lt. Governor
Quit drinking so many Diet Cokes.



Michael Poole
Communications/IT
Not to hit any more deer (I can attest to flying reindeer).

Royse Freeman
School Clothing
To find the strength to survive another year of Abraham's antics.

Shawn Bert
Finance
Try not to be so gripey and mean.

Teresa Dorsett
Executive Director
Strengthen my spiritual life.

Thomas Fasthorse
Personnel
Be a better person.

Virginia Reyes
Finance
Stay alive-I'm getting older and I want to live to see 2010.

Wanda Whiteman
Gam-Higher Education
Spend more time with my family and strengthen my spiritual life.

Pius Spottedhorsechief
Communications/IT
To buy a house

HAPPY NEW YEAR

From the Cheyenne and Arapaho Tribal Tribune Staff

Resolution-a resolve or determination; to make a firm resolution to do something; firmness of purpose.

Staying healthy during holidays

By Fitness Staff

Exercise during the holidays with common household items.

With the Christmas holidays quickly upon us people will find little or no time to make it to the gym to keep from tacking on those extra holiday pounds.

For the month of December the Diabetes Wellness program had a lunch and learn to help educate the public of common house hold items you have around the house to help you maintain your workout during the holidays.

Here are a few list of items you may have around the house to help you maintain your weight during the holidays.

Cardiovascular Workout:

If you have steps in your home you may condition your heart and lungs while toning your legs and buttocks.

Climb up and down for about 20 minutes for a great aerobic workout.

To inspire you to keep going try turning on the radio to move to a beat!

You could also go outside for a brisk walk or jog for 20 minutes all you need is a safe path and the right footwear.

Strengthening/Toning

Lower Body Work:

1.) Grab a pair of long socks and fill them with rice or marbles and tie the ends together and place them around you ankles for weights to target the inner and outer thighs, quadriceps, and hamstrings.

2.) Borrow one your children's activity balls for leg exercises. Use a small ball to work the inner thighs by placing it between the knees and squeeze then release.

3.) Everyone has a wall or two in their home you may do wall sits to work your legs and buttocks.

4.) Find a small ledge around the home and do calf raises for a few minutes at a time.

5.) In the food pantry find two cans that are the same weight to use as dumbbells for chest fly, chest press, as well as wrist curls.

When exercising always remember to breathe and warm up for five to ten minutes and cool down for five to ten minutes.

Have a safe and Happy Holidays!

CULTURAL CORNER

Hinono'eino noh Tsististas Culture Section

By Abraham Pedro

As an esteemed grandparent of mine told me the other day, while I was thinking about how to put together a cultural section for the *Cheyenne Arapaho Tribal Tribune* newspaper, "Our tribal people have so many ways, you cannot define us."

A colleague of mine told me the same thing; in so many words, "Culture is a catch word that is dangerous. If you ask what culture is to a hundred people, you will get one hundred responses."

So, I guess that is true, to an extent. However, then again, I think about it, and many of our younger people are hungry, and desire to know more about our traditional ways and beliefs. Yet, I know from first hand experience, we are afraid to ask. We are afraid because we do not want to offend, or to show that we ourselves do not know what it means to be Indian, to be Arapaho, to be Cheyenne, or to be both. So, we don't ask. And if our elders do not tell us, then we don't know. And so many times, all we hear about of our own people is just the negative events that happen within our communities. We hardly ever hear the wonderful things that make us who we are as native people.

Myself, I have a great deal of appreciation for our traditional people, for where our forefathers came from and what hardships we have overcome. To me, in my own experiences, my cultural understanding of my Arapaho people centers around our traditional ways of the respect we have for each other, and for the ceremonies I participate in, such as Native American Church and Sundance. Yet, culture for me may not be the same for someone else, especially when we have two tribes that share the same space with each other, and also have different traditional ways and practices. So, to me, traditional culture could be anything from our stories, to current events, to even how a tipi is put up, or our traditional protocols that we have for one another, or even Native American Church services.

My thought about it, I want to know, what is traditional culture to you? Let me know. The reason why I ask is because I am going to start a culture section that will be printed in every issue of the *Tribune*. Send me your thoughts, either by mail, by email, by telephone or by blog. I have started a blog spot specifically for this at: http://community.livejournal.com/livejournal/. So send me your thoughts and ideas, and if anyone is willing to collaborate with me, I am always willing to work with others as well.

The ideas you suggest are what I will ethically research, and ask our learned elders about, and we shall alternate every issue between the Cheyenne and the Arapaho people on each subject.

Abraham Pedro is the Hinono'eitiit Ho'owu' (Arapaho Language Program's) language coordinator. He is available for comments by phone at (405) 422-7729, by e-mail at ADPedro@c-a-tribes.org, or by mail at P.O. Box 38, Concho, OK 73022. Please include in the title of any e-mail message "culture submissions."

Eating well for diabetes

Nutrition for Better Health

By Kristie Purdy, MA, RD, C&A Diabetes Wellness Program

Knowing how food is used in our body is important in controlling diabetes. The kinds of food and the amount of food we eat have an effect on our blood sugar. Food is made up of nutrients known as ***protein***, ***carbohydrates*** and ***fat***. Once food is digested, our bodies break it down into tiny units so these nutrients can be absorbed. Our bodies use each of these nutrients in the following ways:

Carbohydrates are broken down in the body into the form of simple sugars. These sugars are a major source of energy for the body. The body picks up these sugars and carries them in the blood stream, which is where we get the term blood sugar. Carbohydrates will cause blood sugar levels to rise faster than protein and fat. As blood sugar levels raise in your body, the pancreases releases a hormone called insulin, which moves the sugar from the blood into your cells to be used for energy. Sources of carbohydrate include: bread, cereal, rice, tortillas, crackers, pasta, starchy vegetables (corn, potatoes, and peas), dairy, and fruit.

Proteins are known as the bodies' building blocks. They are used to build, maintain, and replace tissues of the body. Your muscles, organs and immune system are made up of mostly protein. When proteins are digested, they are broken down into smaller units known as amino acids. These amino acids are used to maintain muscles, blood, bones, and body organs. Approximately 58 percent of the protein we eat is slowly changed to blood sugar. Sources of protein include: meat, fish, poultry, beans, lentils, nuts, nut butters, cheese, yogurt, eggs, and milk.

Fats are used as a fuel source. The body also uses fat as a major storage form of energy. When fats are digested they are broken down into fatty acids, which are then absorbed into the blood stream. Fatty acid molecules are joined together in groups of three, forming a triglyceride. Triglycerides are also made in our bodies from the carbohydrates we eat. About 10 percent of fat will be changed slowly to sugar in the body. Sources of fat include: butter, margarine, lard, oil, shortening, cream, mayonnaise, salad dressings, and salt pork.

Controlling food intake is one of the most important keys to managing diabetes. How much we eat makes a difference in our blood glucose, weight and health. A consistent food intake helps to control blood glucose levels.

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Cooking with commods

New Year's Black Eye Peas

2 lb. black eye peas
1 tsp. baking soda
1 lb. country ribs
1 tbsp. salt
1 tbsp. sugar
1/4 tsp. red pepper
1 lg. onion, chopped
2 cloves garlic

Soak black eye peas overnight. Drain. Wash peas and cover with water and baking soda. Bring to a good boil. Drain.

In heavy pot, brown country ribs, onion and garlic.

When ribs are golden brown, add peas, salt, sugar and red pepper.

Cover with hot water out of kettle. Bring to a fast boil. Reduce heat and simmer on low for two hours.

Students given vegetable taste test

By Diabetes Wellness Program

On Dec. 15 and 16, 2008, the Cheyenne and Arapaho tribes Diabetes Wellness Program taught nutrition to students at Darlington School. Students in the grades pre-k through third made faces with the vegetables on an English muffin. Students in the fourth through eighth grade were instructed about the importance of vitamins and minerals from these vegetables. Each student was encouraged to taste bite sized portions of red peppers, green peppers, yellow peppers, cucumbers, cauliflower, broccoli, radishes, red cabbage, cherry tomatoes, and mushrooms.

The students were told they did not have to like the vegetables. Some of the students tasted vegetables that they never had before while other students found they liked some vegetables they did not like in the past. Many students found the radishes tasted hot; at the same time, many students thought the mushrooms had no taste.

The Diabetes Wellness Program will continue educating the students at Darlington on the importance of nutrition through the "Fruit of the Month." With the Fruit of the Month, each student is introduced to a different fruit and instructed on its nutritional value.

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WANTED
Buffalo Recipes
The Diabetes Wellness Program is in the process of putting together a cookbook featuring healthy buffalo recipes. We invite all tribal members to submit their favorite recipes. If you would like to have your buffalo recipe included in the cookbook, please email your recipe to:
kpurdy@c-a-tribes.org
Or mail your recipe to:
Cheyenne and Arapaho Tribes
Diabetes Wellness Program
Attn: Kristie Purdy
PO Box 38
Concho, OK 73022
Or Fax: 405-262-3423

BRIEFS

Native American Symposium of Legal Topics

Jan.16-17 2009 at the River Palms Resort Casino, Laughlin, Nev. Registration Deadline Jan.7, 2009. For more information contact Karen McElroy at (602) 909-7024 or email to legalwonder@cox.net.

Enrollment Survival Skills

Jan. 13-14, 2009 at the Westmark Anchorage Hotel in Anchorage, Alaska.

Workshop designed to instruct both new and experienced tribal enrollment staff, committee members, judges, and council members on how to use the basics to effectively handle complicated enrollment situations. For more information call (800) 544-097 or visit www.dciamerica.com.

First annual "Power Shift to Navajo Green Jobs" Youth Summit

Jan.17-19, 2009, hosted by the Black Mesa Water Coalition at the Navajo Nation Museum in Window Rock, Ariz.

For more information visit www.blackmesawatercoalition.org or email nikkealex@gmail.com or chelsea.rc@gmail.com.

Inaugural Week Tribal Events

Jan.19-22, 2009 at the Hyatt Regency Crystal City, Arlington, Va.

The National Congress of American Indians (NCAI)and the National Indian Gaming Association (NIGA) invites people to participate in a tribal leader's strategy session to develop a shared national strategy to engage the next congress and presidential administration on issues of importance to tribal governments.

For the tribal leader's strategy session, RSVP to April Hale at (202) 466-7767 or ahale@ncai.org.

Tribal Leaders Forum

Jan. 23-24, 2009 to be held at the Pechanga Resort & Casino in Temecula, Calif., which is about one hour north of San Diego, Calif.

For more information contact Richard Trudell American Indian Resources Institute 331 Moraga Avenue Piedmont, CA 94611 Cell: (510) 551-6551 Fax: (510) 547-0225 e-mail: dicktrudell@hotmail.com.

Native Diabetes Prevention Intervention Conference

Jan. 26-28, 2009 at the Grace Inn at Ahwatukee in Phoenix, Ariz. For more information visit www.hpp.ou.edu/2009/diabetes_fitness.

Recruiting, Interviewing and Hiring for Tribal Organizations, Enterprises and Casinos

Jan. 26-27, 2009 in Las Vegas, Nev. For more information visit www.falmouth.com.

National Indian Education Association Close Up Program

Feb. 8-14, 2009. Plan to send high school students to the first annual CloseUp/NIEA program in Washington, DC.

Students will understand their roles as dual citizens and prepare for leadership within their tribes, living and learning with peers from tribes nationwide as part of Close Up's renowned citizenship academy.

This program will run simultaneously with NIEA's 12th annual Legislative Summit so students can interact with NIEA attendees.

For more information visit www.niea.org.

Be part of the hundred's watching

Submitted article

The Cheyenne and Arapaho tribes along with Substance Abuse Prevention Services for Western Oklahoma Indians would like to invite the community to be a part of the Crystal Darkness Campaign as we host a community watch party at 5:30 p.m. on Jan. 14, 2008 at Darlington Schools El Reno located at East Park and South Broadway.

Refreshments and door prizes will be provided.

First lady Kim Henry and many more have partnered to bring the Crystal Darkness Campaign to a head.

The object of the campaign is to show the horrifying affects of methamphetamine (meth) in an attempt to reduce meth use in Oklahoma.

The documentary will be airing simultaneously on all local television stations at 6:30 p.m. and in Spanish at 6 p.m. on Jan. 13, 2009.

Watch parties are available to the public to attend or there is the option to host a watch party.

1. To host a watch party, a minimum of three people must be in attendance.

2. Register watch parties online at www.crystaldarknessoklahoma.org. When registering, there will be an option to post your watch party as public or private. Registered private parties will not be seen by the public when they log on to the Web site.

3. To find a party in your area log onto www.crystaldarknessoklahoma.org and arrive at 6 p.m. at the location provided. Feel free to invite friends and family.

People are being encouraged to register watch parties, so that it can be monitored if Oklahoma has reached their goal of bringing awareness to all residents. Anyone is welcome to attend a watch party listed on the Web site.

The Area Prevention Resource Center (APRC) is also in the process of creating watch parties throughout Canadian and Grady counties.

These watch parties have been created for the public to join and be apart of. The APRC has partnered with the following groups:

Independence Middle School will be hosting a watch party at Christ's Church of Yukon in the youth building located at 620 W. Vandament.

It is the desire of the host's to bring a panel of experts together for questions and answers.

Light refreshments will be provided and door prizes will be up for grabs. It is also a possibility that one of Yukon's local bands will be performing.

Youth and Family Services of El Reno at Youth and Family Services located at 7565 E. US Highway 66 at 6 p.m. Light refreshments will be provided along with door prizes.

Interagency and Community Coalition of Grady County will be hosting a watch party at the Canadian Valley Vo-tech seminar center located at 1401 W. Michigan Ave. in Chickasha.

Doors will open at 6 p.m. and light refreshments along with door prizes will be available. Local personal stories and law enforcement comments will follow starting at 7 p.m.

The Crystal Darkness Campaign is an effort to educate the community to be more aware of the environment in which we live and ways that we can make real change.

Meth addiction knows no boundaries and includes all ages, all ethnicities, and all income levels. It does not discriminate.

Several factors play into this drug in our economy, by costing tax payers approximately $2,000 to clean up one meth lab.

Please take part in this statewide campaign to reduce meth use in Oklahoma to save in tax dollars, protect our youth, and fight for what is right for Oklahoma. We want to make real lasting changes in our state in reducing drugs.

For more information contact Paul Fuentes with Substance Abuse Prevention Services for Western Oklahoma Indians at (580) 323-6021 ext: 2284 or paulf@red-rock.com or Ashley Cline with the Area Prevention Resource Center at (405) 354-1928.

Betty Price named chairman of Red Earth Advisory Board

(OKLAHOMA CITY) State arts leader Betty Price, former executive director of the Oklahoma Arts Council, has been appointed to the newly created position of chairman of the Red Earth Advisory Board.

Members of the Red Earth Advisory Board provide advice and counsel to the Red Earth, Inc. Board of Directors.

Price was the 2006 recipient of the Red Earth Ambassador of the Year award for her dedication to preserving and honoring the rich traditions of Native Americans throughout Oklahoma.

The award was founded to promote pride in Native American heritage and to recognize individuals who have made significant contributions in presenting a positive image of Native Americans.

For more than 25 years Price directed the commissions of major murals, portraits and sculptures in the public areas of the Oklahoma State Capitol.

She has been active on major commissions including the Oklahoma Centennial Commission, American Indian Cultural Center, Governor's Arts Awards Committee, State Capitol Preservation Commission-Arts Standards, Artrain USA's national board of directors, State Art Collections, Friends of the Mansion and Jasmine Moran Children's Museum.

"Red Earth is honored to have Betty Price serve as the first chairman of the Red Earth Advisory Board," Jonna D. Kauger Kirschner, Red Earth Board of Directors president, said. "Betty was one of the leaders who took the Red Earth Festival from a great idea to exciting reality in 1986. She has been a champion and supporter for more than 22 years."

Members of the Red Earth Advisory Board include:

Ray Ackerman, Ann Alspaugh, Chickasaw Gov. Bill Anoatubby, Oklahoma Lt. Gov. Jari Askins, Leslie Blair, Ken Bonds, C. Blue Clark, Susan Coles, Oklahoma City Mayor Mick Cornett, Mary Lou Davis, Seminole Chief Enoch Kelly Haney, Nathan Hart, Oklahoma Gov. Brad and first lady Kim Henry, Cathy Jameson, Ed Martin, Mary Ellen Meredith, Cheryl Moore, David Reynolds, Blake Wade, Barbara Warner, Hardy Watkins, and Mary Jo Watson.

NCCE offers tuition assistance for natural resources students

The National Center for Cooperative Education in Natural Resources (NCCE) is a program of the Bureau of Indian Affairs, administered by the U.S. Department of Agriculture (USDA) Forest Service. NCCE is offering tuition assistance to students entering the natural resources field.

The program is located on the campus of Haskell Indian Nations University in Lawrence, Kan. and is designed to promote the development of American Indian and Alaska Native natural resources professionals by helping students achieve their educational and career goals and helping the BIA and tribal natural resources managers find qualified employees:

1) Students accepted to the program receive tuition assistance ($5,000/year), summer employment and noncompetitive conversion to BIA or tribal positions upon graduation.

2) Tribes and BIQA units are eligible to hire students for summer and permanent positions. For summer employment, the BIA provides $4000 toward each student's salary.

Students must have finished the freshmen year in college, be in good academic standing and accepted to attend or attending an accredited college or university; pursuing at a minimum, a bachelor's degree; majoring in a natural resources field such as forestry, soil conservation, range management, geographic information systems, wildlife management, watershed/hydrology, fisheries management or civil engineering; and have an interest in a career working with tribes, the BIA or other natural resource agencies.

Students must complete the federal employment form OF612 available a www.opm.gov or submit a resume, complete the "Verification of Indian Preference for Employment" (form BIA 4432) at www.opm.gov, leter of application, letter of recommendation, proof of enrollment or acceptance into a college forestry or natural resources program, transcipt and current class schedule and letter of support from tribal or BIA area or agency natural resources staff (optional but helpful).

Application should be sent to: Doug Eifler, Natural Resources Liasion Office, Haskell Inidan Nations University, 155 Indian Avenue, Box 5010, Lawrence, KS 66046. The application deadline is March 5 of each year.

For more information contact Doug Eifler at (785) 749-8414 or daeifler@fs.fed.us or visit http://www.itcnet.org/includes/downloads/ncce.pdf

Head Start thanks R.E.Sp.E.C.T. program for playground equipment

The Cheyenne and Arapaho Head Start centers located in Clinton, Concho, and Canton would like to thank the R.E.S.p.E.C.T program for funding renovation and new construction of playground equipment.

Each center will receive funds to renovate or add a large playground structure (pictured below), and receive a four seat swing set.

Each center is so excited to have this equipment for the children to play on.

Concho had their playground equipment installed and are anxiously waiting for their students to return from Christmas break to play on it!

Clinton has been without adequate playground equipment for almost two years.

They would like to add a special thank you. They have included pictures of what their playground looked like before the equipment was installed.

Pictures of the newly installed equipment will be in next month's *Tribal Tribune* issue. Clinton is still in the middle of having the equipment installed, but it should be finished before Christmas break is over.

There are current plans between Economic Development Director Joyce Martinez, Head Start Policy Council, and Canton staff to develop a plan to acquire a new Head Start facility.

The facility is currently characterized as a historical museum/monument and large scale renovations are prohibited.

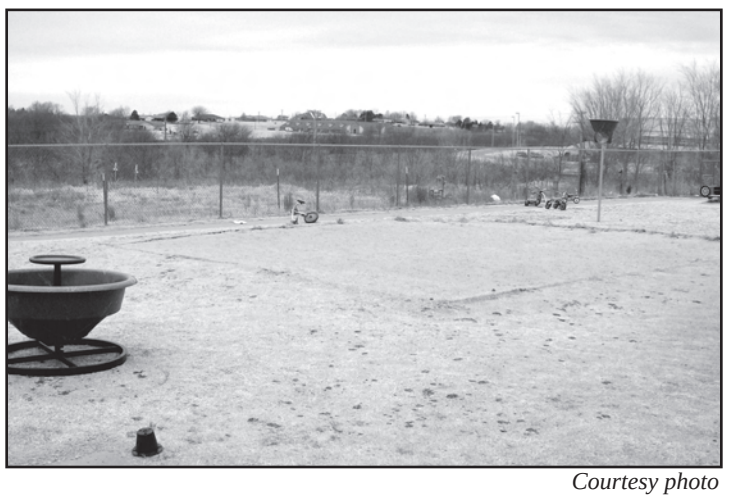
Once a plan is developed and acquired, Canton will have the same playground equipment installed at their new center as well.

It is always nice to have new items for our centers, but when it's for the children it always means a whole lot more. As teachers, to see such generosity is heartwarming.

We can't wait to see the look on the children's faces when they come back from Christmas break to see what "Santa" brought to their Head Start for them to play on!

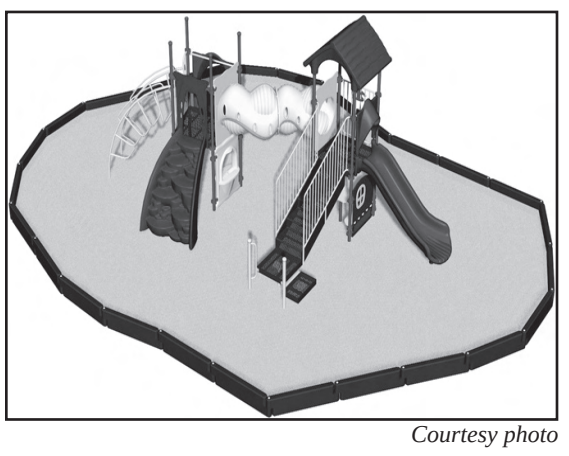
Thank you very much again,

The Cheyenne and Arapaho Head Start teachers, staff, and children.



Courtesy photo

Clinton Head Start playground before new playground equipment was installed.



Courtesy photo

A rendering of the new playground structure for Head Start centers.

CALENDAR of Events

Oklahoma City Powwow Club New Year's Eve dance

Beginning at 2 p.m. Jan. 3, 2009 at the Oklahoma State Fair Centennial Building (Kitchen building) in Oklahoma City. Gourd dance from 2 to 5 p.m., supper from 5 to 6 p.m., gourd dance from 6 to 7 p.m. and grand entry and evening program begins at 7:30 p.m. The annual outstanding student award for male and female will be announced. The powwow is a fundraiser for the annual summer powwow. For more information, call Leonard Cozad at (405) 681-4668; Rodney Hernasy at (405) 247-4860; Yonavea Hawkins at (405) 769-7245 or Ivy Yeahquo at (405) 324-0247.

Honor Dance for Cody Camacho

Jan. 3, 2009 at the Women's Building, Kingfisher, Okla. For more information contact Mary Neconie (580) 237-5127.

Second annual Doyle Lonelodge Memorial Tournament

Jan. 3-4, 2009 Clinton Housing Authority

R.E.Sp.E.C.T. Holiday Volleyball Tournament

Begins at 10 a.m. Jan. 10, 2009 at the R.E.Sp.E.C.T. activity Center in Clinton, Okla. For more information contact the Clinton RESPECT office at (580) 331-2601 or (800) 247-4612.

Honor dance

For the 2008 Miss, Junior Miss and Little Miss Indian Oklahoma City on Feb. 14, 2009 at Oklahoma City University, Freede Center – Abe Lemons Arena/NW 27th and Florida. Gourd dancing 1:30 p.m., supper 5 p.m., grand entry 7 p.m. Special contests. For more information call Larenda Morgan at (405) 684-9499.

American Legion Post 401 monthly meeting

Jan. 15, 2009 in the large conference room of the Cheyenne and Arapaho tribal complex in Concho, Okla. Dinner will be served at 6:30 p.m. and the meeting will begin at 7 p.m. There will be a guest speaker at this meeting. For more information, call (405) 422-7691.

Tulsa Indian Art Festival

Feb. 13-15, 2009 at the Spririt Bank Center, Tulsa, Okla. For more information go to www.tulsaindianartfest.com.

Gamma Delta Pi Alumnae Sisterhood Basketball Tournament

Men's only Feb. 28, 2009 Lighthouse Fitness Gym, 3333 W. Hefner Rd. Oklahoma City. $230 entry fee, $75 deposit. Deadline is Feb. 14, 2009. Proceeds to benefit the OKDHS Foster Care program and the sisters of the GDP Alumnae Sisterhood. For more information contact Katrina Foley at (405) 532-3679 or gdpalum@hotmail.com.

2nd Annual Doyle Lonelodge Memorial Tournament

January 3rd-4th, 2009

Clinton Housing Authority Building

Men's and Women's Double Elimination Tournament

Teams must be comprised of Cheyenne-Arapaho Tribal Members Only

8 Person Roster Limit-Must be 18 years old to compete

CDIB's will be checked before the team is allowed to play

Each team should arrive 20 minutes before first game to check in

Any player not showing proof of C-A Tribal Membership will not be allowed to play

NO ENTRY FEE!!!

NFHS Basketball Rules will be in effect

Deadline to enter is December 29th

Teams will be called with first game time @ 5:00 p.m on December 30th

Rosters should also be turned in at this time

To Register a team please contact the R.E.Sp.E.C.T. Concho Office at (405) 422-7570 or 1-800-247-4612 ext. 27570

The Cheyenne and Arapaho Tribes
S.T.O.P (VAIW)
Violence Against Indian Women

The **S.T.O.P (VAIW) Program** provides:

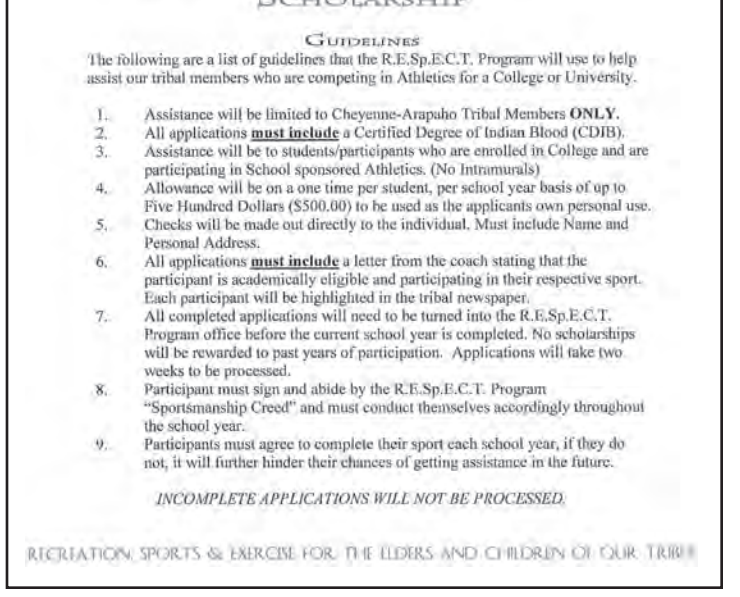
·**Counseling:** For Native American tribal women including the elderly, who have been involved in domestic abuse, sexual assault, or stalking.

·**Advocacy:** In obtaining victims protective orders, referring the client to various agencies that may be of assistance to them.

·**Support:** For clients and their families while in their crisis

Contact: Social Services Dept. Special Services Bldg. 1633-B E.Hwy 66 El Reno, OK 73036 (Canadian Square) 1 (800) 247-0345 x27692/ (405) 422-7692/Coord. 370-1707 Advocate 615-9531

The **S.T.O.P (VAIW) Program** services the following counties: **Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham, Roger Mills.**



R.E.Sp.E.C.T. Program
College Student-Athlete
Scholarship

Guidelines

The following are a list of guidelines that the R.E.Sp.E.C.T. Program will use to help assist our tribal members who are competing in Athletics for a College or University.

1. Assistance will be limited to Cheyenne-Arapaho Tribal Members **ONLY**.
2. All applications **must include** a Certified Degree of Indian Blood (CDIB).
3. Assistance will be to students/participants who are enrolled in College and are participating in School sponsored Athletics. (No Intramurals)
4. Allowance will be on a one time per student, per school year basis of up to Five Hundred Dollars ($500.00) to be used as the applicants own personal use.
5. Checks will be made out directly to the individual. Must include Name and Personal Address.
6. All applications **must include** a letter from the coach stating that the participant is academically eligible and participating in their respective sport. Each participant will be highlighted in the tribal newspaper.
7. All completed applications will need to be turned into the R.E.Sp.E.C.T. Program office before the current school year is completed. No scholarships will be rewarded to past years of participation. Applications will take two weeks to be processed.
8. Participant must sign and abide by the R.E.Sp.E.C.T. Program "Sportsmanship Creed" and must conduct themselves accordingly throughout the school year.
9. Participants must agree to complete their sport each school year, if they do not, it will further hinder their chances of getting assistance in the future.

INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.

RECREATION, SPORTS & EXERCISE FOR THE ELDERS AND CHILDREN OF OUR TRIBE

In Memoriam

Cheyenne and Arapaho Tribal Members

Name	Birth	Death
Robert Ray Limpy	11/2/40	1/2/08
Sarah Big Eagle Rice	3/21/91	1/5/08
Annette Dodge	1/16/44	1/5/08
Thomas D. Burns	12/31/36	1/12/08
Ray Harry Crum	7/26/40	1/16/08
William Keith Garson	5/19/58	1/20/08
Floyd Levi Lerma	5/3/72	1/24/08
John L. Sipes Jr.	3/23/51	1/24/08
Imogene R. Jones	5/11/27	1/28/08
Wayne Hayes Fletcher	6/22/52	1/28/08
Joyce Kay Littleman	10/27/52	1/31/08
Harden Coyote Robe	3/31/32	2/1/08
Sue Ann Stephens	7/6/43	2/6/08
Martin Dietric Fletcher	12/20/77	2/14/08
William Levi Sagebark	3/19/51	2/15/08
Joseph Edward Yentzen	12/21/46	2/15/08
Gerlene Chavez	11/11/63	2/16/08
Angela Lorraine Archuleta	11/12/74	2/22/08
Gerlene Diana Davis-Pratt	9/17/65	2/26/08
Michael Gene Morton	11/27/79	3/1/08
Betty Hart	10/3/46	3/9/08
Richard John Crowels	4/7/54	3/12/08
Alfred Fenton Hamilton	10/13/59	3/16/08
Frank Harrington	2/26/36	3/16/08
Reuben Dale Akeen	12/5/51	3/19/08
Martin Yellow Hair	4/18/40	3/21/08
Laird Cometsevah Jr.	7/13/31	3/26/08
Jennifer Rae Ernst	1/23/73	3/29/08
Samuel Reed Sage	10/19/62	4/3/08
Joanne Carol Beard	7/16/71	4/3/08
Charles H. Hawkins	9/23/19	4/4/08
Richard Don Reynolds	8/9/54	4/5/08
Sara Jean John	10/25/70	4/7/08
Rikki Dawn Goodbear	12/31/76	4/15/08
Tara Big Medicine	10/24/88	4/15/08
Alfrich Heap Of Birds	5/12/23	4/15/08
William Howard Koen	7/11/25	4/17/08
Cheyenne Chanel Cross	3/19/87	4/26/08
Imogene Gould Hadley	12/10/18	5/3/08
Henry Wetselline	2/23/85	5/4/08
Clinton M. Sutton Youngbear	7/12/30	5/7/08
Alfred Hamilton	8/12/21	5/10/08
Darrell Lee Wheeler	6/2/50	5/11/08
Lela Gertrude Storm	10/22/14	5/16/08
Emma Hart	9/29/23	5/19/08
Alfred James Whiteshirt Sr.	11/11/58	5/21/08
Orin Joseph Geary	4/27/75	5/28/08
Mary May Kraus	8/21/24	5/30/08
Carl Dean Big Foot	3/23/57	5/31/08

Name	Birth	Death
Patricia Ann Akeen	8/29/83	6/23/08
Joe Charley Jr.	12/31/65	6/23/08
Steveann S. Bickham	4/30/54	6/26/08
Barry David Shongo	8/27/58	7/17/08
Jerry L. Wayne Roman Nose	2/1/84	7/23/08
Kristina Raylynn Warden	4/28/93	7/27/08
Jerry Wayne Hill Lefthand	9/24/46	7/28/08
Rufus Fred Nealey	11/26/40	7/29/08
Chrissa Lee Hicks	1/18/89	7/31/08
Michael Riggs	5/31/53	8/2/08
Marian Morales	5/31/51	8/2/08
Ronnie D. Ramirez	11/6/61	8/4/08
Sherry Kay Terrill	2/23/51	8/9/08
Phyllis Sue Whiteskunk	6/12/59	8/11/08
Willie Robert Lefthand Sr.	4/29/45	8/14/08
Richard Wayne Alford	6/4/74	8/17/08
Edwin Pewo	4/28/34	8/19/08
Stella Kauley	1/14/54	8/19/08
Mildred Falls	12/28/46	8/27/08
Charlene Kitzmiller	9/18/38	8/28/08
Samuel B. Rivers	8/13/49	8/29/08
Mark Kevin Lewis	4/25/56	9/4/08
Elinor Red Cherries	12/16/25	9/6/08
Shirley Mae Bowling	9/12/25	9/9/08
John Homer Seger Jr.	7/7/81	9/15/08
Griffin Anthony Red Nose	12/27/37	9/18/08
Bonnie Jean Toland	11/26/28	9/21/08
Garry Duane Abrahamson	11/4/46	9/22/08
Pamela Anne Schwander	9/29/67	9/30/08
Tonya Michelle Yahola	1/5/75	10/3/08
Tommie Rose Cravatt	9/2/41	10/4/08
Burgess L. Prentiss Jr.	6/7/56	10/9/08
Mark White Shield	2/7/35	10/10/08
William T. Blackwolf	7/2/16	10/15/08
Ronald Leroy Nibbs	8/4/46	10/23/08
Angela Pauline Mc Donald	6/13/58	10/25/08
Donna M. Reynolds	11/16/28	10/26/08
Kay Mignon Wilborn	7/12/58	10/31/08
Jessie May Madbull	9/12/58	11/2/08
Donald Ray Reed	3/22/58	11/4/08
Randolph Malloy Fletcher	9/18/50	11/5/08
Mary Lenna Noline Valdez	2/8/64	11/10/08
Zachary Lynn Lorentz	10/12/91	11/12/08
Perry Little Coyote	11/1/33	11/13/08
William Gene Weasel Bear	12/10/48	11/19/08
Timothy Levi Bacon	1/10/62	11/20/08
Kerri Lynn Williams	3/15/67	12/3/08
David Brian Little Raven	3/11/55	12/7/08
Sylvia Rose Bosin	7/3/64	12/16/08
William M. Carpenter Sr.	4/18/60	12/20/08

Art by Paul Anthony Bearshield

VA to provide payments to eligible surviving spouses

(WASHINGTON, D.C.) - The Department of Veterans Affairs (VA) announced immediate actions to quickly identify and pay surviving spouses who are eligible to receive a one-time compensation or pension payment for the month of the veteran's death.

"This benefit payment is long overdue to many of our beneficiaries," said Secretary of Veterans Affairs Dr. James B. Peake. "In these difficult economic times, it is imperative that we take aggressive action to fix this situation for the families of our veterans."

Problems in VA's implementation of a change in law that was effective in 1997 resulted in some surviving spouses not receiving the veteran's compensation or pension payment for the month of death.

This problem was recently brought to VA's attention by Sen. Daniel K. Akaka, Senate Veterans' Affairs Committee chairman.

Peake immediately directed the formation of a special task force to identify and pay the beneficiaries who never received the benefit or were inadvertently required to repay the money issued for the month of a veteran's death.

Surviving spouses most likely to be affected by this processing problem are those who never applied to VA for survivors' benefits following the death of a veteran.

The task force is in the process of reviewing VA's payment records for veterans who died after Dec. 31, 1996, and who are survived by a spouse. The review will identify those to whom VA owes retroactive benefits for the month of the veteran's death. Current address information is being obtained for as many of these beneficiaries as possible.

VA will begin issuing retroactive payments to eligible surviving spouses at the end of this month. Payments will continue to be issued as additional unpaid beneficiaries are identified and VA is able to obtain current address information.

Because there are deceased veterans for whom VA does not have marital status information, a special Survivors' Call Center has been established for spouses who believe they may be entitled to this retroactive month-of-death benefit.

Surviving spouses are encouraged to contact the Survivors' Call Center at the toll-free telephone number, 1-800-749-8387.

Call center agents will assist surviving spouses in providing VA with the information needed to determine their eligibility.

The call center is open Monday through Friday from 7 a.m. to 7 p.m. central standard time.

Inquiries may also be submitted through the Internet at http://www.vba.va.gov/survivorsbenefit.htm.

VA is aggressively changing its processing procedures to ensure this benefit is correctly paid to all surviving spouses in the future. VA's disability payment system will also be enhanced to automate the month-of-death payment for all eligible surviving spouses.

Red Earth receives 'Community Spirit Award'

(OKLAHOMA CITY) – Red Earth, Inc. is the recipient of the 2008 Community Spirit Award for outstanding achievement in business excellence and leadership from the American Indian Chamber of Commerce Oklahoma City Chapter.

The award was presented during the Annual Meeting and Awards Dinner held recently by the American Indian Chamber of Commerce of Oklahoma.

Red Earth shared the award with the Norman High School Indian Club.

"The leadership and success of Red Earth has merited this recognition," said E. Bernadette Huber, American Indian Chamber of Commerce of Oklahoma executive director. "We are proud to present Red Earth this award in recognition of its continuing success."

"Excellence in Business" was the theme for the state and chapter awards presented to 15 Oklahoma Businesses.

The American Indian Chamber of Commerce of Oklahoma has a diverse membership roster of American Indian individuals and businesses, non-Indian individuals and non-Indian businesses, as well as non-profit organizations whose work benefits American Indian people, tribes, and representatives from the public sector and corporate business.

Other awards from the Oklahoma City Chapter went to Bill James (Chickasaw Nation Enterprises) – Volunteer of the Year, and Riverwind Casino – Company of the Year.

Good tidings for the New Year

Social Security Administration

This holiday season, Social Security has good tidings to share with Social Security and Supplemental Security Income (SSI) beneficiaries: they will receive a 5.8 percent increase in benefit payments beginning with the January payments!

The 5.8 percent cost-of-living adjustment (COLA) will begin with benefits that over 50 million Social Security beneficiaries receive in January 2009. Increased payments to more than seven million SSI beneficiaries will begin on Dec. 31.

Other changes: In 2008, the maximum taxable amount was $102,000. Beginning in 2009, the maximum taxable amount will be $106,800. This change will affect about 10 million of the 164 million workers who pay Social Security taxes. The tax rate remains the same: 6.2 percent for employers and employees, and 12.4 percent for the self-employed.

In 2009, it will take $1,090 in taxable earnings for a credit of Social Security coverage, up from $1,050 in 2008. All workers can earn up to four credits in a year. The average retired worker will receive $1,153 per month in Social Security benefits in 2009, up from $1,090 in 2008.

To learn more about Social Security changes coming in 2009, visit www.socialsecurity.gov/pressoffice/factsheets/colafacts2009.htm.

Social Security to use Nationwide Health Information Network

Social Security Administration

Beginning in early 2009, Social Security will be the first government agency to utilize the Nationwide Health Information Network (NHIN) and begin to receive medical records for some disability applicants electronically through the NHIN gateway.

Through the NHIN, Social Security will have instantaneous access to medical records. This will significantly shorten the time it takes to make a disability decision and make the process more efficient.

The NHIN will help ensure records are received timely by making it easier and less labor-intensive for medical professionals to submit records.

Social Security is working with MedVirginia, the North Carolina Healthcare Information and Communications Alliance, and Kaiser Permanente to implement the NHIN. In early 2009, the first real-world use of the system will begin between Social Security and MedVirginia.

The NHIN is an initiative of the Department of Health and Human Services and is supported by multiple government agencies and private sector entities. Visit www.hhs.gov/healthit for more information.

Christmas

Continued from page 1

Photo by Dana Attocknie

Joyce Twins, language program coordinator, helps sort and package winter clothes for 40 elders and five selected families in the Concho and El Reno, Okla. area.

the evening of Dec. 23, 2008, Whiteman and Charlie Miller delivered two packages of gifts to the Bigfoot family.

Once Whiteman pulled into the Bigfoot driveway, the children playing in the yard immediately greeted her and soon ushered both Whiteman and Miller into their home.

The packages quickly filled the space underneath the Bigfoot family Christmas tree and each family member showed and voiced their appreciation.

"They're just really outstanding children," Whiteman said.

Each child in the families received a blanket, stocking cap, gloves, socks and a sweatshirt. The families also received oranges.

Whiteman said a conscious decision was made not to purchase toys, but instead clothing items that are needed during the holiday season.

Whiteman also noted that a lot of families do not just include immediate family members, but also most families include extended family members who reside in the same household.

The money it took to purchase the clothing came from donations and profits from Indian taco sales and money made during the craft fair held at the tribal complex on Dec. 19, 2008. The money made totaled $829. In addition, Eagle Runningwater, who runs the print shop, donated 50 sweatshirts.

"All the staff contributed by donations," Whiteman said. "If they couldn't bring an item, they brought money."

On Dec. 23 and 24, 2008 education department staff members delivered the Christmas bundles.

"It's just fun to give to people and help in situations," Rush said. "Merry Christmas."

REACHing Out

By REACH US program

The NEW YEAR is upon us and many of you are making your NEW YEAR RESOLUTIONS.

The Southern Plains REACH US program encourages everyone to get active, eat healthy foods, and quit smoking. These are three key areas you may want to work on to live a healthy life.

The REACH US program invites anyone who wants to take the plunge and GET FIT. A GET FIT class will be held on Tuesday and Thursday mornings from 10 to 11 a.m. at the Concho Community Center from January to April.

The GET FIT class is designed for older people and for people who have been inactive. For INACTIVE people, the class will get your body ready to be more active. It is a good place to start if you have not been exercising.

The class consists of stretching, warm-ups such as walking, light aerobic exercise, and cool-downs for a safe exercise program. Chair exercise and dance exercise will be offered.

Anyone interested in losing weight or body fat, body measurements will be taken and followed. Information and nutrition tips will help you to lose weight and lose body fat.

REACH US wants to reduce the risks associated with unhealthy lifestyles and decrease the risk for diabetes and heart disease.

Contact the REACH US program for more information at (405) 422-7687.

F.Y.I.
Due to a delay in the arrival of equipment, The Diabetes Wellness Program would like to inform the communities that the initial start date of the Native Nike N7 Shoe Program has been postponed until mid January. The prescriptions already on file will still be honored at that time. Thank you for your patience in our endeavor to get this project up and running.
For further questions or comments you may contact the DWP at 405-422-7679

NSU's Cherokee education program has first graduate

(TAHLEQUAH, Okla.) - Northeastern State University's Cherokee Education degree program now has its first graduate.

Greg Drowning Bear received his bachelor's degree on Dec. 20, 2008 during the university's fall commencement ceremony.

The program is a partnership between NSU and the Tahlequah-based Cherokee Nation.

NSU says it is the only public university in the nation to offer a teaching degree in an American Indian language.

Drowning Bear and his wife moved to Tahlequah in 2004 from north Alabama to enroll their children in a tribal Cherokee language immersion school.

He says that most of the fluent speakers of Cherokee are older than 40 and that for the language to survive, it needs to produce fluent speakers.

MillerCoors agrees to stop selling alcoholic energy drinks

A settlement between MillerCoors and a group of state attorneys general will spell the end of the brewer's foray into marketing alcoholic energy drinks.

The Wall Street Journal reported Dec. 18 that MillerCoors announced it will stop producing and selling caffeinated alcoholic beverages, including those sold under its popular Sparks brand.

At the same time, company officials maintained that the AGs allegations that the drinks were marketed to young drinkers were "inaccurate."

"Attorneys general from around the country are gravely concerned about premixed alcoholic energy drinks because these products are dangerous and look and taste like popular nonalcoholic energy drinks," said Maine Attorney General Steve Rowe. "They're popular with young people who wrongly believe that the caffeine will counteract the intoxicating effects of the alcohol."

Critics condemn youth-orinted Sparks marketing materials implying that alcoholic energy drinks allow users to stay awake longer and drink more. "We're thrilled that MillerCoors finally got the message that they were dealing with a public-health hazard," said Pete Schulberg, communications director for the Oregon Partnership, a community-based antidrug coalition. "High caffeine with high alcohol content and the fact that these products are marketing to young people makes for a dangerous combination."

Sparks has emerged as the leading brand in the alcoholic energy drink niche market; MillerCoors said it will continue to sell a reformulated version of Sparks that does not include caffeine, taurine, guarana and ginseng.

The company also agreed to end some marketing strategies that the AGs said appeared to be aimed at underage drinking, including content on the Sparks Web site.

David Rosenbloom, director of Join Together, said the settlement's marketing reforms are just as important as the product's reformulation.

"Removing caffeine and other stimulants from Sparks is an important step for public health because it removes a significant risk associated with the product," said Rosenbloom. "We hope that this settlement will really lead to the end of the company's efforts to sell alcopops to underage audiences with youth-oriented marketing strategies."

Steve Gardner, director of litigation for the Center for Science in the Public Interest (CSPI) -- which sued MillerCoors earlier this year over Sparks -- said that today's settlement nearly finishes off the product category. "Now that Anheuser-Busch and MillerCoors have each agreed separately to discontinue caffeinated alcoholic drinks, this entire niche of products is all but shut down," he said.

Gardner called on the remaining, smaller companies producing caffeinated alcohol beverages to quickly follow suit. "It was a bad idea that never should have gotten as far as it did -- adding caffeine to sweetened, high-alcohol-content malt beverages and marketing them to young people via word-of-mouth and infantile web sites," said Gardner.

Previously, Anheuser-Busch reached a settlement with CSPI and state attorneys general in which it agreed to stop producing and marketing alcoholic energy drinks.

Keep the "snow" where It belongs

Social Security Administration

The weather outside may be frightful, but even more frightening is to be caught unprepared when Feb. 17 rolls around. That's when it could begin "snowing" on your analog television set.

By order of Congress, analog broadcasts will end by Feb. 17, 2009. People who don't have a digital television set or subscribe to cable will have to get their television through a converter box that allows old sets to receive digital broadcasts.

The government is offering help to people who need to buy the converter boxes. The National Telecommunications and Information Administration (NTIA) is issuing $40 coupons toward the purchase of a converter. Every household is entitled to two coupons. More than 100 retailers will accept the coupons toward the purchase of converter boxes.

To keep the snow off TV sets come February, request coupons at www.dtv2009.gov.

Happy Birthday

Happy Belated 32nd Birthday Al
biicoo3e3en
no'o see3tei noh noxuxou

Happy Birthday
Moses Starr
January 19th
You are a "star" that Shines brightly in all our lives

Happy Birthday
Frederick Mack Warden
Love always your wife,
Debbie & Family
McAlester, Ok

Happy Birthday
Mrs. Ellisa
from all your friends at Clinton Head Start

Happy Belated 46th Birthday #1 Texas Fan!!
Charles Uranga
(Charlie Brown)
Dec. 9, 1962
From Mama, Gloria and the "Geary Pratt Pack"

Happy Birthday
Sadie Whiteshirt
From all your friends at Clinton Head Start

Happy Birthday
KaMarie Yelloweage
From your friends at Clinton Head Start

Good Luck in all that you do this year!
TODD RANDALL BLACKWOLF
GO #24!! SENIOR 2009!!!
[[TOGETHER]] Love, Mom, Dad, Krista, Conley, Chelsi, Donovan, & Boyd

Happy 21st Birthday
January 8th to
Our Baby Les
& Congratulations
on your accomplishment!
You DID it! We are so proud of you!!!!
Lotsa of love,
From all your Family

Happy 28th Birthday Chas
12-30-08
Love, Mom and brothers George, Lance, and Randall

Happy Birthday
"Grandson"
9 years old-
Jan. 4, 2000
Issac Amos
White Eagle
Love you "MA"
always
(Baby Girl Hail)

Daddy's Lil' Girl
Malina Rose Manygoats
We were blessed the day god put your life in our hands. I can't believe its been a year already. You make mommys being blissful & give us something to look forward to.
Love Always,
Your Daddy Tyson &
Mommy Nika

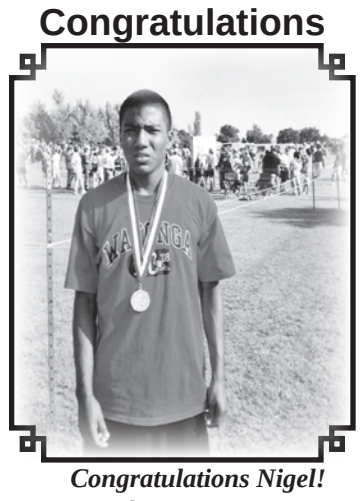
Happy Birthday-
31!!!
Charles Allen Hail
Love always,
Mom & Charlie Miller

Happy Belated Birthday to our Big Sister (1st Cuz)
Gloria Uranga
Dec. 16, ????
We love you and thank you for all you have done for us!
From, Pat, Oscar, Stevie, Mary, Sandra, Leah, Gayle, Curtis, Adam, Julie, Alicia & Regina
"The Geary Pratt Pack"

Happy 22nd birthday
Randall
12-15-08
Love, Mom, Dad and brothers
Chas, George and Lance

Happy Birthday Wishes
Dara Franklin-
December 2nd
Gene Morton
– December 14th
Beverly (Morton) Brown
– December 16th
The Morton Tribe

Congratulations



Congratulations Nigel!
2008 Class 2A Cross Country 2nd Place-State Finals
"The best only beats the best"
From Canton's Little Olympics Champion
Nigel is selected to represent Oklahoma in the AAU (Jenks America Track Club) in Tulsa, Okla. and to compete in the National 2009 Down Under International Games 12th annual Cross Country meet held in Queensland, Australia for the second year.
I am so proud of you for your many cross country accomplishments. You are truly a hardworking, deserving student and athlete.
May God Bless you and keep you safe.
Love your Grandmother Pauline Whitetail

GREETINGS

Aunt Lucille
(Yelloweyes) Allred
We enjoyed your
visit & love you
Your niece Aggie Jo

Happy New Year
Brother Sarge
Love, your sisters Rolana,
Barbara, April

Happy New Year Dad
(Sarge)
Shalane, Sabryna, Jules

Happy New Year Dad
(James Black)
We love you

Happy New Year Dad
(Kawa Black)
Love Sabryna & Jules

Happy New Year Sarge
Kino, Theresa, Balin, Sienna,
Khali Jo, Syra

Happy New Year Sarge
Richard, Amanda, Rachel,
Daniel, Dylan, Haley

Happy New Year Sarge
Love You, Mom & Deuce

Happy New Year
Sarge
Agnes, Buddy, Cathy, Verbena

Congratulations

Josephine "JoJo" Hope HorseChief was crowned as the Cheyenne Teen Princess at the Eighth annual Sobriety Powwow on Dec. 27, 2008 in Tulsa, Okla.

HorseChief is an eighth grader at Pawhuska Middle School. She loves basketball, powwow dancing and her entire family.

Horsechief is the daughter of Geneva HorseChief and Charlton "Sonny" Cole.

HorseChief's paternal grandparents are Rachel Little Coyote and Colbert Cole. Her maternal grandparents are Deborah Yates and Alfred HorseChief, Jr.

Wedding Announcements

Blackwolf-Pleets

Krista K. Blackwolf and Boyd B. Pleets, both of McLoud, announce their engagement on Tuesday Dec. 16, 2008. The bride-to-be is the daughter of Terrisa and Donny Blackwolf of McLoud. She is the granddaughter Of Duane and Carol Sanders of Newalla, Betty White of Arapaho, the Late Billy Joe White, and Don Blackwolf of Anadarko. She is also the older sister of Conley and Todd Blackwolf, both of McLoud.

The groom-elect is the son of Jennifer Wood of Shawnee. He is the grandson of Judy Wood of Shawnee and the late Jim Wood. He is also the brother of Jimmy Pleets, Dennis Pleets, Savannah Pleets, Samantha Pleets, Isaih Talton, Zane Talton, and Sabrina Talton all of Shawnee. Together they have two beautiful sons. The late Khristian B. Pleets born on June 19, 2007 and 6 month old Donovan E. Pleets born on June 9, 2008.

Lonebear wedding

Congratulations on your wedding Chas and LaCee Lonebear Love, Mom and brothers George, Lance and Randall 8-8-08

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to:Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Data Entry Clerk CHR Program

QUALIFICATIONS:

High school diploma or GED equivalent is mandatory. Minimum of one year of relevant experience is required. Certificate of completion of a program or training in computer science or related field is preferred. Individual must possess a valid Oklahoma state driver's license, be insurable and have a clean driving record. Must be able to pass a physical. Must pass an OSBI background check. Must pass a mandatory pre-employment drug test before actual employment starts. Must complete a required Indian Health Service computer security training before RPMS access is granted. Must have proof of negative TB skin test and other immunization as required by Indian Health Service. Regular attendance is required. Individual shall be responsible for own transportation to work station. Individual shall be responsible to follow all Cheyenne-Arapaho Tribes personnel policies.

SALARY: Negotiable

Community Coordinator C-3 Office

QUALIFICATIONS:

Must have a high school diploma or posses GED certification. Must have a valid driver's license. Knowledge of the area and the people. Cheyenne-Arapaho preference. Must pass pre-hire drug screen.

SALARY: Negotiable

Research Specialist Enrollment

QUALIFICATIONS:

Associates degree in business administration or related field preferred. Two years work experience in similar position. Knowledge of Cheyenne and Arapaho Tribes Constitution. Knowledge of general office practices and accounting procedures. Must be able to calculate blood quantum, fractions and percentages. Extensive experience with Microsoft Office, particularly Excel. Ability to communicate effectively and work well with the general public. Establish and maintain an effective working relationship with others and ability to maintain a extremely high level of confidentiality. Excellent reasoning skills and ability to make sound decisions with little or no supervision. Preference will be given to a notary public. May be required to work outside normal work hours. Native American Preference. Must pass pre-hire drug and alcohol screening.

SALARY: Negotiable

Elderly Coordinator C-3 Office

QUALIFICATIONS:

Must have a high school diploma or posses GED certification. Must have a valid driver's license. Must pass a pre-hire drug screen and have knowledge of the area and the elderly people. Cheyenne-Arapaho preference.

SALARY: Negotiable

Personnel Director

QUALIFICATIONS:

Must possess a bachelors degree from an accredited college or university in personnel administration, business administration, or a related field. Must have accumulated at least three years of personnel related work experience. Additional work experience may substitute for some formal college level education. Must have at least three years minimum supervisory experience. Must have the ability to supervise activities for any staff they may be assigned. Must have the ability to relate to the Indian and Non-Indian communities. Cheyenne-Arapaho preference. Must be able to pass pre-hire drug screening and possess an Oklahoma driver's license.

SALARY: Negotiable

Receptionist/File Clerk George Hawkins Memorial Treatment Center

QUALIFICATIONS:

Must have a high school diploma or GED certification. Must have maintained at least one year of sobriety. Must have a telephone, a driver's license and reliable transportation. Must be able to work flexible hours including holidays. Must be able to pass a physical exam with TB test. Random UA required. Cheyenne-Arapaho or Indian tribal member preference. Work hours begin at 7:30 AM. Monday thru Friday.

SALARY: Negotiable

Public Information Office Ad Sales/Reporter

QUALIFICATIONS:

Bachelor's degree in advertising. media graphics or journalism preferred, or high school diploma/GED with some college hours required or an ability to sell and design advertisements. Must have bookkeeping, graphic design, writing and photography abilities. Have ability to learn computer software programs, meet deadlines, and have a strong ability to interact with people in a friendly, professional and intelligent manner. Have familiarity with the Cheyenne and Arapaho service area and culture, and have a current Oklahoma driver's license.

SALARY: Negotiable

File Clerk Executive Office

QUALIFICATIONS:

High school or equivalent. Work experience equivalent to one to two years in federal, state, or tribal government. Basic knowledge of organizing records. Ability to relate and work with the general public. Must have valid Oklahoma driver's license. Cheyenne and Arapaho preference. Must pass pre-hire drug screening.

SALARY: Negotiable

Personal Assistant C-3 Office

QUALIFICATIONS:

Enrolled Cheyenne and Arapaho tribal member preferred, other tribes considered depending on qualifications. High school diploma or equivalency required. At least 18 years of age. Pass pre-hire drug screen. Valid Oklahoma driver's license. Must pass pre-hire drug screen.

SALARY: Negotiable

Administrative Assistant Education Department

QUALIFICATIONS:

Preferred post secondary secretarial certificate in office management. Prefer a minimum of one year experience in general office procedures. Proficient in Microsoft Office applications. Ability to work with minimal supervision. Valid state driver's license. Must be able to work well with the public and Tribal members. Cheyenne-Arapaho preference. Must pass pre-hire drug screening. Must have an interest and experience in the field of the Cheyenne and Arapaho languages. Must be able to exercise initiative and independent judgment in carrying out clerical functions and completing duties.

SALARY: Negotiable

Counselor in Training George Hawkins Memorial Treatment Center

QUALIFICATIONS:

Must have at least four years of sobriety. Must have telephone and reliable transportation. Cheyenne-Arapaho and military veteran preference. Bachelor's degree with CADC certification or working toward the end. Study should be in a behavioral science field such as, substance abuse, sociology, psychology, or counseling or five years or more in specialized experience in diagnostic and treatment services, individual, group and family counseling. Must pass pre-hire drug screening.

SALARY: Negotiable

Reporter /Administrative Assistant

QUALIFICATIONS:

High school diploma/GED with some college hours in journalism/public relations or ability to demonstrate writing skills and learn computer software programs. Bachelor's degree in journalism or Public relations preferred. Bookkeeping abilities. Must be organized. Able to work on deadline Have strong ability to interact with people in a friendly, positive, and professional manner. Must have current Oklahoma driver's license. Must pass pre-hire drug screening.

SALARY: Negotiable

Accountant Assistant Finance Department

QUALIFICATIONS:

Highly organized. Works well with others. Self starter. Experience working with Excel spread sheets. Two years accounting/office experience. High School graduate. Some college preferred.

SALARY: Negotiable

On-Call Facillity Attendant George Hawkins Memorial Treatment Center

QUALIFICATIONS:

Must have a high school diploma or GED certification. Must have maintained at least one year of sobriety. Must have a telephone, a driver's license and reliable transportation. Must be able to work flexible hours including holidays. Must be able to pass a physical exam with TB test. Random UA required. Cheyenne-Arapaho preference.

SALARY: Negotiable

The C-3 office will be hosting meetings for tribal elders:

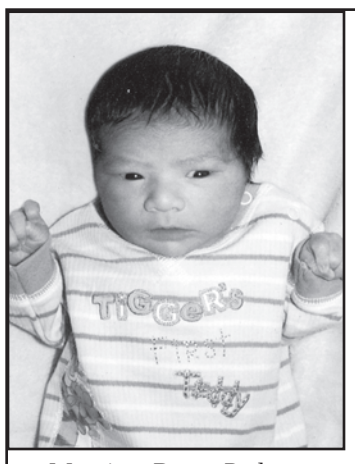
- At 6 p.m. Jan. 6, 2009 at the Mark Restaurant in Weatherford.
- At 6 p.m. Jan. 8, 2009 at the Frisco Center in Clinton.

HELP

If you attended or have information on the Concho Indian School, I would like to talk to you. Please call me at (405) 681-5528. Thank you,
Sonny Goodbear

TRIBAL TRIBUNE
DEADLINES
The 8th and 23rd of each month.

Welcome Maurice Ryan Pedro



Maurice Ryan Pedro was born at 8:30 a.m. Sept. 25, 2008 at the Lander Valley Regional Hospital, Lander, Wyo.

Maurice weighed 6 lbs., 12 oz. and was 18 inches long at birth.

Proud parents are Bruce Ryan Pedro and Candace Washington of Fort Washakie, Wyo. Baby Maurice joins one big sister, Tatiana.

Paternal grandparents are Virgil Maurice Pedro (who he is named for) and Leah Pratt of El Reno, Okla.

Maternal grandfather is Lynn Avans of Ethete, Wyo. and maternal grandmother is Victoria Shakespeare also of Ethete. Great grandmother is Angeline Pratt of Geary, Okla. and Eva McAvans of Fort Washakie, Wyo.

THANK YOU

To all friends and relatives: I would like to say Ah-Ho to the Pawnee Chapter for conducting the Thanksgiving meeting held Wednesday Night Nov. 26, 2008 at the Rollin Haag Senior N.A.C. Building, the Cheyenne Chapter(s) for the use of their tepee, contribution, and assistance, along with the N.A.C. building staff. Also I would like to extend appreciation for everybody that had a helping hand in organizing and making the Thanksgiving meeting a complete success. May all have a blessed and safe holiday season.

Respectfully,
Kendrick Sweezy & family

Telephone survey

Submitted article

The tribal government will undertake a demographic assessment of the Cheyenne and Arapaho tribal members living in Blaine, Dewey, Roger Mills, Beckham, Washita, Custer, Canadian, Ellis and Kingfisher counties of northwestern Oklahoma.

A telephone survey will be conducted starting Nov. 17, 2008 to gather basic information on the needs of the Cheyenne and Arapaho people.

As compensation and gratitude, the tribal government will provide each participant with a blanket or a bag with the tribal seal. Tribal members will be contacted by telephone to ask for their participation.

There are currently 60 questions on the survey instrument, which is estimated to take about 20 minutes of time.

In order to protect the confidentiality of participants, no names will be recorded and the data will be sufficiently aggregated.

Questions about the survey may be addressed to Margaret Anquoe, Lynnette Gray, Kim Goodbear or Julia Svitak from the Cheyenne and Arapaho Tribes' Planning office: (405) 422-7620.

SEASONS GREETINGS AND HAPPY HOLIDAYS!!!

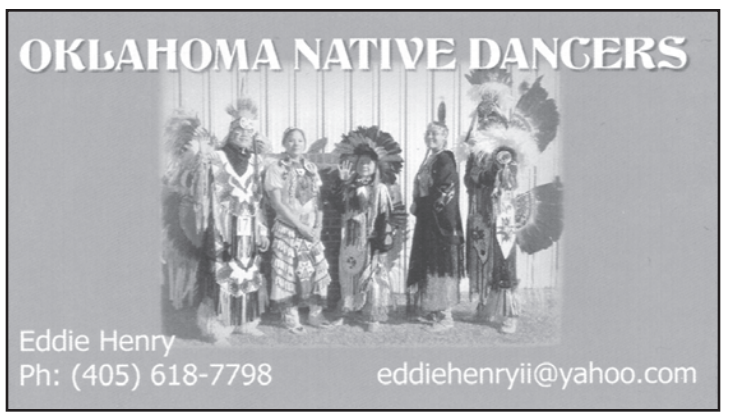
During this holiday season the Cheyenne and Arapaho tribes will be providing Waste a Dumpster Roll-Off and Christmas Tree Dump located at the north end of Yellow Man Drive (North of the Wellness Center) at Concho for your convenience.

We wish you and those around you a safe and happy holiday season.

EPA office and programs
Water Treatment and Solid Waste/Hazmat team

Oak Firewood For Sale

$100 per rick split, delivered and stacked.
Concho-El Reno area-$90 you pick up
Contact Alvin at (405) 205-6676



Dear Editor,

It is with great concern that I am writing this letter regarding my 5 year old grandson's ordeal.

My grandson, Kenneth (or Ducky), attends Burcham Elementary in Weatherford. At the end of the school day, his teacher puts him on his bus to the Middle School where he meets my son, Steven, and comes home with him.

On Tuesday, December 16th, my son came home and said my grandson never made it to the middle school. I am disabled and do not drive. I became frantic and started calling around trying to find him. My sister, Carol, called and said he had walked to her house.

I called the school and expressed my alarm to the Superintendent who was rather dismissive. He said a substitute teacher had put him on the wrong school bus as if it was no big deal. He acted like it was no big deal for a five year old to be out in frigid weather trying to get home.

The temperature was 12 degrees! Was there not something in writing for the substitute teacher to go by when putting the children on the bus? Surely, she could not have been the only substitute teacher the whole year? Why didn't the bus driver notice that my grandson was not one of his regulars and ask questions? He ended up having to walk five blocks in the freezing weather to my sister's house. If she had not been home from work that day, he would have had to walk three more blocks to my home. He already had the sniffles and to be out in that weather could only make him worse. I thank God my grandson knew enough to get himself to my sister's house safely. What if he had been abducted, run over or been a victim of the weather?

My grandson is a C&A tribal member and I hope and pray that the Tribes will advocate for our children in the public school system.

Sincerely,
Sophia Big Goose

NEW EMPLOYEE CORNER

Hi my name is Brittany Markle and I am from San Juan Capistrano, Calif. I grew up a beach girl in beautiful south Orange County.

When I was 19 years old I enlisted in the Navy. I really loved boot camp, contrary to popular belief. When I graduated from boot camp I went down to Pensacola, Fla.. for "A" school. I was training to be an Avionics Technician. I graduated from AT school in 2003.

While in Pensacola I met my future husband, Zach. We got married May 1, 2004. When Zach, who most people know around here as "the phone guy," was discharged we moved back to his home state in Fayetteville, Ark. There he worked as an electrician for new homes. I found out I was pregnant December 2005. On Sept. 14, 2006 Taylor Marri-Lynne Markle came into this world to change it forever. I was able to stay home with her and have fun watching her learn new things. About a year and half ago we moved to Oklahoma City for Zach to take a job at SC Phone Works Plus. As for me I felt it was a good time to put Taylor into a school with other kids her age and I was getting bored at home. So here I am.

I am really liking Oklahoma and so far really like my job and the people I work with.

My name is Pius Spotted-horsechief and I'm from the Pawnee/Otoe tribe. I was born in the City and raised in Pawnee, Oklahoma. I'm also prior Military with the U.S.Army.

I'm currently working in the Information Technology Technical Support Department. And I'm looking forward to working with each and every one of you.

R.E.SP.E.C.T. SNOWTUBING

CLINTON (580) 323-6599
I-40 Westbound Exit 69, 1 mile to Indian Hospital Rd. • I-40 Eastbound: Exit 65, 3.5 miles to Indian Hospital Rd. • Over 725 Games
Rez Deli • The River Bar • Blackjack • Poker

CONCHO (405)262-7612
25 minutes from Oklahoma City Take I-40W to Exit 125, north on Hwy 81 four miles. • Over 1,000 Games
Blackjack • Poker • Rez Restaurant & Bar

LUVBUG

VW BEETLE GIVEAWAY
FEBRUARY 14

EVERY SAT. 8 P.M. - MIDNIGHT JAN. 3 - FEB. 14
FIVE $1K GIVEAWAYS*

Lucky Star CASINO
AN ENTERPRISE OF THE CHEYENNE AND ARAPAHO TRIBES

*There will be five hourly $1,000 giveaways every Saturday from 8 p.m. until midnight January 3 thru February 14. VW Beetle will be given away on February 14 only. Must be 18 or older. Management reserves the right to cancel or modify this event without prior notice. See casino for details. Actual prizes may differ from photo. Lucky Star is not responsible for typographic errors. Responsible Gaming Is Our Game. For help, call the Problem Gaming Helpline 1-800-522-4700. ©2009 Lucky Star Casino

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LIVE MMA FIGHTS
GET YOUR TICKETS AT LUCKY STAR CASINO CLINTON OR TICKETS.COM

SATURDAY, JAN. 31
RATT
WARRANT
Dokken

KNOCKOUT-ROCKOUT WEEKEND
AT LUCKY STAR CLINTON, OK

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